

What We Say

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NURSE WAS CRIPPLED FROM RHEUMATISM OF JOINTS

ingers Were Deformed—Knees Stiff and Painful—Gives Credit to Var-ne-sis for Recovery

"I feel that any remedy that will benefit sufferers from rheumatism of the joints should be given the support of every right thinking man and woman." So said Mrs. N. M. Nightingale of 22 Lafayette avenue, E. Weymouth, Mass., a well-known nurse. She continued:

At first I could see very little change, but by continuing the treatment I began to see an improvement, and gradually the pain and stiffness left me, my fingers returned to normal condition, and I can open and shut my hand without any trouble.

"I am recommending Var-ne-sis to all who suffer from rheumatism of the



NURSE NIGHTINGALE INDORSES VAR-NE-SIS.

"I suffered from rheumatic arthritis on and off for years. About two years ago the disease became very severe; gradually the joints became stiff and painful, so that I had to remain in bed. My fingers were drawn toward the palm of my hands, the knuckles enlarged, and it was impossible to straighten them. My shoulders were stiff and painful, as well as the muscles from my head to my shoulder. My knees gave me a great deal of trouble on account of stiffness and pain, and it was impossible to go up or down stairs without great effort. After remaining quiet I could hardly move because of the stiffness. I had to use crutches to get about."

"For five months I never left the house, and for nine months I was unable to attend to my professional duties as a nurse. I know that the average physician will not give any encouragement to any one suffering from rheumatic arthritis, and for that reason I decided to try Var-ne-sis, as it was highly recommended for this

Obesity Reduction Course For Women

QUESTION AND ANSWER COLUMN

By Pauline Furlong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



Shortness of Breath.

Excess fat is nearly always the cause of shortness of breath, and, furthermore, this condition usually occasions a larger deposit of fat, because the shallow breathing prevents the burning up of it. Regular and

deep breathing practice is absolutely essential to the obese, as the health giving oxygen can reach the lowest portion of the lungs and burn up the fat through no other method.

When obesity is hereditary it becomes an even more serious proposition with which to combat, and experts agree that 50 per cent. of fat persons inherit the tendency to corpulence. Of course when this condition exists greater self-denial and determination are necessary to keep the body within normal limits.

It is most important to reduce the amount of all foods and liquids and live a life of increased physical activity. Remember that you can practically live up your accumulation of adipose tissue for weeks while you are dieting for obesity, and there is no danger from starvation.

Letters From Readers.

VERMIN IN HAIR—MRS. EDNA M. writes: "Although I read your valuable columns on health and beauty each day and cut the articles out to save them for my scrapbook, they occasionally get lost, and I will be grateful if you will repeat the article on how to rid a child's hair of vermin."
Rub tincture of kerosene undiluted in the child's scalp and the tie the hair up for several hours or for the night in a large handkerchief. Then shampoo the hair with melted castile soap. Repeat this operation if necessary. The kerosene is harmless and very effective.

OBESITY CHARTS—MRS. D. THOMAS writes: "A friend has just spoken to me about your wonderful health and reduction course, and I am most anxious to get the charts and diet. Please tell me how, as I weigh more than 200 pounds and am very uncomfortable and short of breath. I am not a big eater, but everything I do eat seems to turn to fat."

Send me 25 cents and your measurements and I will mail you the necessary charts and diet list. You do not need all of the charts which have been printed. If you eat the proper and non-fattening foods, you will lose weight, even if you are inclined to be fat, for these foods do not create fat. Eat less than has been your custom and do not take any liquids with meals. This will compel you to masticate the food more thoroughly and be satisfied with much less, and also aid digestion considerably.

FATTENING FOODS—MRS. E. K. H. writes: "Am following your course with interest and do not find it difficult to follow the non-fattening diet, now that I understand it better. Please tell me through the paper as soon as possible if I may eat asparagus, rhubarb, cherries and strawberries."

Yes, you may eat all of these if served without butter, cream sauce, milk, cream or sugar. The fruits may be sweetened with any sugar substitute.

WALNUT HAIR STAIN—MRS. ELSIE K. writes: "I am twenty-five years old and my hair is turning white at the temples. Please repeat the directions for darkening gray hair with walnut shells."

Get a half pound of the dried walnut shells and cover them with a pint of hot (boiling) water. Allow to stand until cool and then strain. Brush this on clean hair. It is vegetable and entirely harmless. To thin the stain, make it less sticky and preserve it add one ounce of alcohol. To perfume it add a few drops of your favorite perfume (essential oil) to the alcohol, before putting it into the stain.

INSOMNIA—MISS H. M. writes: "I am deeply interested in your health exercises and advice and am endeavoring to follow your course in developing the body. I can master most of the exercises and feel much better for doing them, but it seems that I cannot get a good night's rest, for I dream all night. I am a busy stenographer and my mind is always occupied with something. I walk a mile in the morning and evening on my way to and from the office. I eat an apple followed by a glass of water before going to bed. Also do the heel and toe raising, and still cannot sleep. Can you advise me?"

Insomnia is caused by many different things, and to overcome it you will have to find the cause and remove it. Do not do the exercises just before going to bed, as this stimulates the circulation and often causes wakefulness. Do not eat any meal two hours before retiring. Get very tired, even if you have to lose some rest to do so, and take a tepid bath and a glass of very hot water or bouillon just before you get into bed. All exercises for the lower limbs and a hot foot bath will bring the blood down from the brain and induce sleep. Try to forget your work and let go of yourself completely, as it were, and you will sleep soundly. Have the sleeping room dark, quiet and a current of fresh air circulating through it.

WANTS TO REDUCE—MRS. J. writes: "I am a young woman, less than thirty, and weigh 255 pounds."

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Reduce your flesh by the famous
VIENNESE METHOD
Builds up Strength and Vitality.
Corrects Indigestion, Bloating,
Anemia, Insomnia and Circulation
without the use of drugs.

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Write, call or phone.
MRS. ELLIOTT.
Get Var-ne-sis now, to-day, at Liggett, Riker-Hegeman and all reliable drug-
gists.—Adv.

and am only 5 feet 3 inches tall. My bust is fifty-four inches, waist forty, hips fifty-three, and I am the most miserable woman in the world. Will you please tell me how to reduce?"
First of all eat much less of all foods than has been your custom, because you could really live on your fat for months. Eat no sweets, fats, or starches and try a diet of green vegetables simply cooked and fruits and salads for a while. Breathe deeply, walk in the sunshine and practice the best exercises for the very obese (which you inform me you have saved) ten minutes twice each day. Hot baths and also Turkish and electric light ones will be of great benefit to you, but nothing but less food of all kinds will really reduce you to any noticeable extent.

MILK DIET—Mrs. K. J. writes: "Please tell me about the milk diet, how it is used and all particulars. Would it be beneficial to a man who works in an office all day or should he take nourishing foods instead? Will camphor spirits applied to my ankles make them smaller?"

Office workers do not need as much of any kind of food as those who are in the open and take much exercise during the day to help assimilate and digest the food. Send me a self-addressed and stamped envelope for the milk diet information. It is too lengthy to answer here.

Camphor will show little, if any, results on large ankles. Wear high shoes.

LOST FIFTEEN POUNDS—My friend lost fifteen pounds through following your course, and I would like to lose weight also. How can I get the back numbers of the course? I am five feet tall and weigh 175 pounds. What should I weigh and measure?"

Send me 50 cents and ask for obesity charts and diet. You should weigh 106-115 pounds, bust 34.5, waist 24.5, hips 35.5, thighs 30.5, calf 12.5, ankle 7.5.

WANTS WEIGHT—S. M. L. writes: "Am 5 feet 4 inches tall and weigh 185 pounds. Will you please print my correct weight and measurements? I practice almost all of the exercises that you have prescribed, but cannot seem to reduce. To be sure I do not follow the diet to the letter, as I have a very large appetite and cannot curb it. However, I do eat much less of everything. Do you think I can reduce at this rate? Would you advise the use of epsom salts to be taken internally about twice a day to aid in quicker reduction? If not would you please explain what I could take instead? I do my own housework and am on my feet almost all day."

You should weigh about 125-130 pounds, bust 34, waist 25, hips 35, thighs 22, calf 13, ankle 8. It is not at all necessary to practice all of the exercises which have been printed, and you should decide for yourself, according to the description printed with them, just which ones you need, and keep at these daily, at least ten minutes. The obesity diet is not a starvation one by any means, and you can eat many delicious dishes without creating more fat. Send me six cents and ask for the diet list if you have not received it.

Do not take epsom salts; take vichy and Kissingen salts instead. These salts will aid in the reduction if taken with exercises and proper foods at the rate of about two pounds a week. Do not act on the bowels or glands, but only on the fat. Take a large glass of water with the Kissingen salts three times each day a half hour after meals. On the following day take the same amount of the vichy salts. It is useless to take both on the same day. Take one of each three times one day and the

other three times the next. They act properly only when both are taken alternately. Kissingen is an acidulous saline and vichy an alkaline.

SAGGING JAWS—V. McC. writes: "The muscles of my face seem to sag and I have such a worn look, which makes me look old and haggard. Can you suggest a treatment for this? I am not old and do not care to look so."

Practice the neck, chin and throat exercises. Bend the head backward, forward and from side to side twenty-five times each day. Rub the chin in much cold water, or better still rub ice on it daily. Wear the chin strap to hold up the sagging muscles. Alum solution will also harden the loose skin on the chin. Use two tablespoonfuls of powdered alum and one pint of hot water. After

twenty-four hours strain off the clear part and use very cold.



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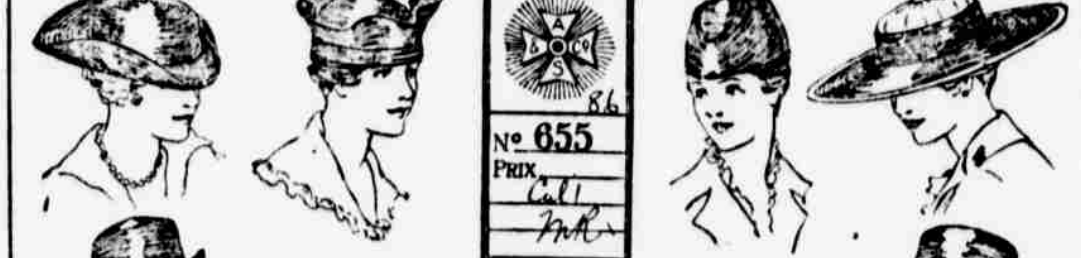
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